

Baked Fish with Creole Sauce

Makes: 4 Servings

Ingredients

1 pound fish fillets (fresh or frozen, unbreaded)
1/2 onion (thinly sliced)
1/2 green pepper (thinly sliced)
1 can tomato sauce (8 ounce)
1 teaspoon chili powder
1/8 teaspoon pepper
1/4 teaspoon salt (optional)

Directions

- 1) Thaw fish in refrigerator overnight.
- 2) Preheat oven to 375°F.
- 3) Arrange fish in a single layer in baking dish.
- 4) Top fish with onion and pepper slices.
- 5) In a separate bowl, mix tomato sauce, chili powder, salt, and pepper.
- 6) Pour tomato sauce mixture over fish and vegetables.
- 7) Cover dish and bake until fish flakes easily with a fork (20-30 minutes).

8) Refrigerate leftovers.

Notes

- Atlantic cod fillets used for nutrition analysis.
- If fish is more than one layer thick in baking dish, cooking time will be longer.